

Mental Health Essentials for Mentors



ABOUT THE PROGRAM

2-hour training for organizations who work with youth and young adults (Mentors, Youth Staff, Camp Counselors, Volunteers, etc.).

Mentors will learn: how to **identify when youth need referrals** for mental health, **who to refer to**, **how to talk** about mental health, **how to support** the mental health of the youth involved in the organization, and **how to take care** of their own mental health

Available as

- **A live training** by MHC trainers
- **A train-the-trainer** model whereby staff are given all resources needed to implement the training in perpetuity **(4 hours)***

Evidence-based

*Delivered by
experienced clinicians*

*Offered virtually or
in-person*

"[The training] helped build our volunteers skills and comfort level in having these life-saving conversations with youth."

BOSTON CASA EMPLOYEE

*At least one mental health professional must participate for your organization to be eligible for the Train-the-Trainer model



Mental Health Collaborative is a nonprofit organization that provides evidence-based programs on the 4 components of mental health literacy: obtaining and maintaining good mental health, understanding mental illnesses, decreasing stigma, and knowing when, where, and how to get help. Our programs are backed by Mental Health America, the JED Foundation, and the National Academy of Health and Physical Literacy.

To learn more about this program, contact us at
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or visit mentalhealthcollaborative.org